

# BENEFITS bulletin

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May 2019  
SOUTH DAKOTA  
state employee  
benefits program

**ACT: Participate in Annual Enrollment; Visit ALEX**



## **Learn: What Happens if I Don't Participate in Annual Enrollment?**

Annual Enrollment ends at noon (your time) on May 15. This is your only chance until next year to make changes to your benefits without a valid [family status change](#).

If you do not participate in Annual Enrollment:

- You may not be enrolled in the health plan you prefer.
- You will not be contributing money to a medical or dependent flexible spending account.
- Your current flexible benefits (dental, vision, etc.) will remain the same as last year.
- Your current Health Savings Account (HSA) pretax employee payroll contribution will remain the same.

If you have not done so, please visit <https://bhr.sd.gov/benefits/FY20AE.html> to participate in Annual Enrollment.



## **Employee Assistance Program Monthly Webinar:**

### **Understanding Resilience**

When you are resilient, you can adjust quickly to new conditions, change your personal direction if required, and incorporate every life event more smoothly into your life. This session will help participants understand what being resilient entails. They will delve deeper into the first step toward resilience, which is understanding and acknowledging one's feelings.

This webinar is available for viewing any time during the month of May.



## **Your beneFIT well-being Program: Take Advantage of the Annual Wellness Preventive Exam**

Your Health Plan covers one annual wellness preventive exam each plan year (July – June). In addition, women are allowed a Well Woman or a gynecological exam annually while under the age of 65.

Preventing disease is critical to helping people live longer, healthier lives and keeping health care costs down.

During your annual wellness preventive exam, your blood pressure and cholesterol will be tested along with a Type 2 diabetes screenings and depression screenings. Cancer screenings are also covered for certain ages and frequencies. For a detailed description of what is covered and when, go to <https://bhr.sd.gov/benefits/active/health-plans/preventative-care/> or call DAKOTACARE at 800.831.0785.

You can earn 25 points for self-reporting the date of your wellness preventive exam that occurs after April 1. Make note to enter your exam date after the portal reopens in July. The deadline to earn points is April 1, 2020.

You can also meet the health screening qualification for 2019-20 by downloading the Health Care Provider Form (HCPF) and have your provider complete and sign it during your Annual Wellness Preventive Exam. You are responsible for mailing, faxing, or uploading the completed form to Total Wellness as instructed on the form. The form must be received by Total Wellness by April 1, 2020, to satisfy your health screening requirements for FY21. You can download the HCPF at <https://bhr.sd.gov/benefits/active/benefit/on-site-health-screening>.



## **ASK**

### **What prescription list is being updated on July 1, 2019?**

CVS, our pharmacy vendor, has let us know some prescription drugs currently available to members will be removed from the approved list as of July 1, 2019. We are notifying members now, during Annual Enrollment, because there is still time to change your health plan election or FSA contribution until noon (your time) May 15. If you're taking a prescription, we urge you to review the new list and summary documents below to see if you will be affected by the change in prescription drug availability. Please direct questions to CVS patient customer service at 866.443.1185.

<https://bhr.sd.gov/benefits/FY19Files/07-2019AdvancedControlFormulary.pdf>

[https://bhr.sd.gov/benefits/FY19Files/ACFChangeSummaryReport\\_043019.pdf](https://bhr.sd.gov/benefits/FY19Files/ACFChangeSummaryReport_043019.pdf)

Please note this is **not** the Preventive Therapy Drug list for members of the High Deductible Health Plan.

### **What's next in the Lunch and Learn series?**

Tune into SD.net at 12:10 pm CDT, on Wednesday, June 12, for a presentation on the South Dakota Retirement System. Visit <https://bhr.sd.gov/benefits/Lunchandlearns.html> to learn more.

### **I need help electing my benefits. Where can I learn more about my options?**

The [FY20 Decision Guide](#) is an excellent resource for all your benefits options.

We also recommend using ALEX, an online benefits decision support tool. ALEX will prompt you for some basic information about you and your family, ask you a few questions about your personal situation (everything remains confidential, of course), and help you figure out what to choose based on your responses. Please visit ALEX at <https://www.myalex.com/benefitsd/2020>.

### **I'm retiring in June. Do I still have to participate in Annual Enrollment if I want my benefits in July?**

Yes. You will need to complete Annual Enrollment for FY20. If you do not participate, you will not have benefits available through July 2019. If you are Central employee and your last day is June 7, your final paycheck will arrive the week of June 15, thus paying your benefits through July 15, 2019. If you are a Board of Regents employee and your last day is in June, you will probably receive your final paycheck on June 28, thus paying your benefits through August 1.

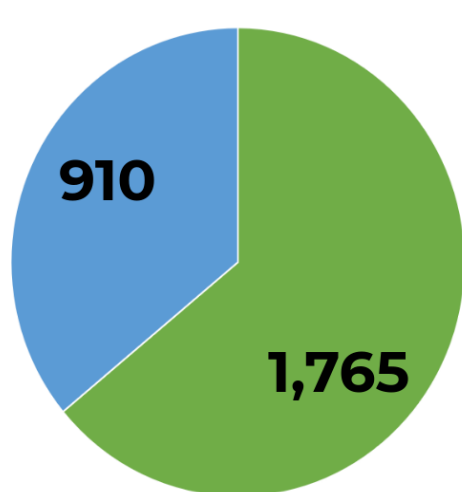
## **For Your Information...**

# Don't Procrastinate!

Annual Enrollment ends noon your time on May 15

During Annual Enrollment last year, the Benefits staff fielded 2,575 phone calls. 34%, or 910 phone calls, were during the last two days.

To ensure you have the answers you need before Annual Enrollment ends, we recommend enrolling before March 12.



■ May 1-13  
■ May 14-15

### **Questions?**

benefitswebsite@state.sd.us  
605.773.3148 - until 7 p.m. CDT Monday-Thursday,  
and normal business hours on Fridays

**Visit <https://bhr.sd.gov/benefits/FY20AE.html>  
to make your benefits selections for FY20.**

## **Contact Us:**

**Call: 605.773.3148**

**Email: [Benefitswebsite@state.sd.us](mailto:Benefitswebsite@state.sd.us)**

